NOETIC REALISM:

Practices of Noetic Realism

A Basic Guide for Everyone

Noetic Realism is an emerging esoteric philosophy combining Hermeticism, Gnosticism, Buddhism, Kabbalah, Jungian psychology, Neoplatonism, Sufism, folk traditions, and modern philosophy.

It explores consciousness, metaphysics, symbolism, spirituality, and personal transformation through meditation, contemplation, invocation, discipline, and philosophical inquiry.

We are not interested in political ideology or rigid religious authority. Question everything. Explore the unknown. Develop your own understanding.

Noetic Realism is a lifelong practice rather than a fixed doctrine. Ideas can be challenged, expanded, and reinterpreted through experience and study.

18+ only. No hate, harassment, incitement, or harmful/illegal activity.

Enter with an open mind. The unknown is there to be explored.

Practices of Noetic Realism

1. Long distance mindful walking

This means going for a walk of about 4 hours in duration total, and focusing only upon the walking.

In walking, you can carry prayer beads and recite a particular mantra or saying.

Music, binaural beats, or audiobooks can be incorporated if it fits the theme of meditation upon a particular topic or feeling.

For a challenge, once four hours are reached, carry 5 lbs in a backpack. Next time, work up to 10, 15, and then 25 lbs.

In lieu of walking, running or cycling can be used.

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2. Meditation

3. Willed daydreaming

Imagine, for example, in your mind while relaxing, a beautiful garden that you can explore, or visualize a particular goal you have in mind, seeing yourself winning the new job. This practice uses deliberate imagination and visualization as a means of directing the mind and exploring consciousness.

2. Mantra meditation, Japa

This is a mantra silently repeated to oneself for a set number of repetitions, ie 108, for a minimum of 4 rounds or sets. You can use prayer beads and counter beads, or use your fingers or a click counter.

3. Breath meditation

Focus solely on the breathing, deep inhale, pause, deep exhale.

These practices should be done sitting comfortably or laying down, with no particular instructions on position. However, the horse stance can be taken, or you can lay prone or take the lotus position.

This practice is intended to develop awareness of consciousness and to discipline the mind.

A set time every day should be set aside for one of these practices, ideally as a morning ritual after waking, and again at the end of the day before sleeping.

A minimum of 15 to 20 minutes should be practiced.

Music, incense, or whatever other preparations or aids are desired can be employed.

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3. Physical Challenges

1. Fasting

Once a week, fast for a period of 16 hours, ie skip dinner, then progress to 18, 20, and then 24 hours. The fully dedicated should aim for 36 to 48 hours.

Water can be consumed, as can salts or electrolytes, and black coffee.

2. Physical Training

Noetic Realism believes aesthetics outside reflect mastery inside. Therefore, everyone is encouraged to train in sports and/or resistance training for this purpose.

For the confidence gained from building strength and physical development, every initiate must commit to at least 2 days a week of resistance training with weights, improvised or not. Bodyweight exercises will not suffice here.

Every initiate who starts the Noetic Realism system is required to reach 4 pull ups at bodyweight, a 225 lb bench press or bodyweight bench press, and a 3 plate squat or bodyweight equivalent.

Cardio should not be neglected.

The standards are a 2 mile run under 15 minutes, then 12 minutes or less.

Burpees, 50 in 5 minutes, 75, and then 100.

These can be done in the morning, with weights in the evening.

3. Final Physical Test

5 miles in under 45 minutes while carrying 25 lbs.

Note: These are suggestions, but an equivalent or better performance is required to advance.

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Invoking means two types.

Manic Invocation

Frenzied energy associated with the archetype of the Godform or entity, using words of power or mantras, and possibly a sigil or image of the being. At the climax of the ritual, the energy is invoked and possession

occurs.

Empathetic Invocation

Empathetically preparing means identifying with the particular force, then living it as a role for at least six months, but actually however long is necessary until possession starts to occur.

Thought Forms

Thought forms can also be created by willingly imagining a separate entity, or even an alternate personality, which you wish to become. This thought form can then be invoked, internalized, and eventually integrated back into the mind. Otherwise, the energy will not really do anything without direction or a goal.

The practitioner creates the thought form with a specific purpose, giving it an identity, characteristics, and qualities that represent what they wish to develop or become. Through repeated invocation and identification, the practitioner gradually incorporates these qualities into themselves.

Evocation

The ritual we used to evoke is to take what has been invoked and make it external, as a work of art, an idol, a crystal, a person, an animal, or another physical representation. Whereas invocation brings the force inward, evocation gives it an external form.

Dream Journaling

Dream journaling is the practice of recording your dreams after waking. The purpose is to improve dream recall, recognize recurring symbols and patterns, and become more aware of the dream state.

Keep a notebook beside your bed and record the dream as soon as you wake up. Record anything you can remember, including people, places, events, emotions, symbols, and unusual experiences. Even small fragments should be recorded.

Lucid Dreaming

Lucid dreaming is the practice of becoming aware that you are dreaming while the dream is occurring. Once awareness is established, the practitioner may be able to influence or explore the dream.

A basic method is to keep a dream journal, perform reality checks throughout the day, and repeatedly question whether you are awake or dreaming. Before going to sleep, set the intention to recognize when you are dreaming. As you fall asleep, repeat the intention and imagine yourself becoming aware within a dream.

Reality checks can include looking at your hands, reading text, checking a clock, or examining your surroundings and asking yourself, "Am I dreaming?" The purpose is to develop the habit of questioning your state of consciousness, which can eventually carry over into dreams.

Astral Projection

Astral projection is the practice of attempting to experience consciousness as though it has separated from the physical body. It can be approached as a spiritual practice or as an altered state of consciousness. There is no established scientific evidence that consciousness literally leaves the body, so the practitioner should distinguish between the experience itself and the interpretation of that experience.

A basic practice begins by lying down in a comfortable position and relaxing the body. The practitioner focuses on the breath and allows the body to become deeply relaxed while maintaining awareness. As the practitioner becomes increasingly drowsy, they observe any sensations, sounds, vibrations, or feelings of movement without reacting to them.

The practitioner can then imagine themselves floating, rolling, standing, or moving away from the physical body while remaining physically still. If an out of body sensation occurs, the practitioner should remain calm and observe the experience.

Dream journaling, lucid dreaming, and astral projection can therefore be practiced as methods of exploring consciousness. Dream journaling develops recall, lucid dreaming develops awareness within dreams, and astral projection explores the experience of separation from the physical body. The practitioner should record experiences carefully and distinguish what was directly experienced from the beliefs or interpretations attached to it.

Tarot

Every initiate is expected to own and create their own Tarot deck, and to learn to read the cards. Likewise, they are expected to develop knowledge of astrology and Jungian psychology.

Alchemy is what occurs when all of these practices are studied and practiced daily.

Belief must be present in oneself, not merely the intention to do things. The student is expected to figure things out for themselves.

Lastly, a journal or diary, separate from the dream journal, is expected to be kept.

After a period of approximately two years spent studying the requirements and practicing the basics, it is prudent to understand your opposite.

For one period of six months, live a way of life opposite to your own. For example, someone who is shy and quiet could become the life of the party for a period of time.

The end stage to reach, however, is total detachment, versed in the experience of the material or lower world, having known it and transcended it, not merely abstained from it due to fear, circumstance, or whatever other reason. That is not the point.

One should realize the worlds of hedonism, materialism, and nihilism for what they are by, for example, living such a role, then immediately choosing a period of celibate monkhood. There is no need to join a monastery.

You should know good and evil, pain and pleasure, the lower and the higher, and other opposites.

But this must be done in a way that integrates the shadow rather than destroys you.

You must realize that life is full of particular roles, that the self is in constant flux, and come to know your true self.

The base personality is not the true you, nor is the opposite. But living the opposite to the point that it could become your identity demonstrates how constricted we are, how much of life can be a play, and allows the integration of the hidden self.

Again, the end goal is awareness and detachment, and not identifying completely with the self, mind, or body, but with the true self, which is a fragment of the Divine trapped in matter so that it may experience itself on an individual level. One eventually returns to the Source and is reborn again, time after time. Advanced practitioners may merge with Being or the Supreme, or choose their incarnation, usually to assist others or help balance the cosmos.

There are planes of reality, lower and higher, including heavens, hells, and purgatories, but the spiritual sky transcends all of these and exists above them.

It is not about good or bad karma. It is about generating no karma. Therefore, discharge your duties without judgment and impersonally.

Obviously, nothing illegal or criminal is recommended in these practices. Such actions are quicksand and are unnecessary to the path.

Prayer

Praying and calling out loud to God, whether to ask for things, seek forgiveness, or simply communicate with the Divine, should be done often, ideally three times a day.

Banishing Ritual

Traditional banishing rituals are not used.

Instead, the practitioner vibrates a sound from the top of the head to the bottom of the groin, visualizing it as light moving downward through the body and then outward, protecting both the practitioner and their surroundings. After the visualization, simply take a deep breath and say, "It is done."

Solar Worship

Salutations, hymns, and bowed prayers to the Sun are recommended as a daily practice. These should be performed facing the direction of the Sun and directed toward Mithras. Wearing a Sun symbol as a necklace or ring is also recommended.

Thelemic and Vedic rituals for solar worship exist, but Hellenic forms are considered more favorable.

Solar worship may be performed three times a day, at dawn, noon, and sunset.

This concludes the practical guide to Noetic Realism.

Appendix: Grades

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Newcomers to Noetic Realism. They are required to fully study this guide and reject, or at least temporarily suspend, all prior political, religious, and spiritual beliefs.

Initiate

Those who have performed all practices and completed all challenges for a period of no less than two years.

Adept

Those who have mastered the basics and principles of Noetic Realism, applied them with great success, and demonstrated the ability to expand upon them through original thought and practice.

Immortal

The final stage, reached once the Lapis Philosophicus has been prepared and the practitioner has transcended the Matrix.